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Bangalore Mirror

Happy Rakshabandhan

TEMP Max 27 | Min 20 | Humidity 89% Generally cloudy sky with Light rain Sensex 58,817 | Nifty 17,534 | Gold 51,710 | Silver 64,200 | Dollar 79.52 | Euro 82.42 | GBP 96.16

TRIP SPOILER

Police verification delay, unresponsive passport office

PAGE 5

PLAN B

Bid for BBMP's waste-to-CNG plants

PAGE 7

Should we cut down trees to make concrete drains and retaining walls that limit rainwater percolation, citizens ask BBMP

ELEMENTREE

Work on stretch between Laggere underpass and Dr Rajkumar Memorial on ORR

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TWEETS @BangaloreMIRROR

KAUSHIK JN

The Bruhat Bengaluru Mahanagara Palike (BBMP) is expected to take up infrastructure development works to make Bengaluru a liveable city.

Ensuring sufficient greenery in the city is also one of the civic body's responsibilities. However, the BBMP forgets this responsibility quite often among others.

For example, the BBMP has taken up construction of the much needed drain and retaining wall on a stretch between Laggere underpass and Dr Rajkumar Memorial on the Outer Ring Road. Residents of Laggere and environmental activists are now complaining that hundreds of fully grown trees have to make way for the construction of the roadside drain and retaining wall. They want the BBMP to minimise the axing of trees and plant as many saplings as possible to compensate for the loss.

"We need to protect the tree cover in the urban landscape. There is already a micro climate change happening in our city. Trees have to be planted near the same location to protect the biodiversity and environment of the area. In the name of development we can't lose the city's climate and citizens' health to pollution," said Vinod Jacob of Namma Bengaluru Foundation.

Many commuters are of the view that there was no need for the BBMP to construct the drain as there were no reported incidents of water-logging or flooding on this road. They said construction of the retaining wall is needed to avoid mud cave-ins during monsoon.

"Concretisation is only leading to fast draining of water from the city. We will never be able to address groundwater recharge in this way. Every drop gets pushed

CONTINUED ON PAGE 6 »

> **"I will take measures to reduce the number of trees cut down for construction of roadside drain and retaining wall**
>
> — executive engineer (major roads), BBMP

Now boarding: Train to airport

Daily, on average, only 7 passengers riding recently launched Memu services to BIAL

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On July 29, South Western Railway (SWR) started the much awaited Memu service to and from the Bengaluru International Airport. Five pairs of unreserved Mainline Electric Multiple Units (Memu) trains were announced, and the service started with much fanfare.

However, the report card of Memu service, after nearly two weeks of operations, is not very impressive.

According to official data shared by SWR, between July 29 and August 8, only 106 passengers used Memu services to travel to the airport. Moreover, just 67 passengers hopped on to the Memu train from the Kempegowda International Airport back to the city.

SWR officials said the numbers are disheartening. "We have six cars on each train and each car can accommodate around 40-45 people. Going by this calculation, the total capacity of all the five trains daily is around 1,300. However, as per our weekly estimate, on average we have around seven passengers using the facility every day across

CONTINUED ON PAGE 6 »

2 THINGS TO DO

01 Dance X Freedom

Jagath Maaanyam is a mega dance drama which represents the contribution and historic patriotism of the great freedom fighter Alluri Sitarama Raju. Forty dancers will present this narrative in a dance drama with a blend of tribal, folk, Kuchipudi and modern dance styles. Sri Rajarajeshwari Kala Nikethan aims to throw light on the life and sacrifices of this unsung hero. Conceptualised, choreographed and directed by Dr Veena Murthy Vijay, Mitun Sham will be essaying the role of Alluri Sitarama Raju and Sangeeta Phanish will play the role of Sita. **Where: Chowdiah Memorial Hall, Vylikaval When: Aug 17, 6.45 PM onwards Contact: 9741350377**

02 Shades of freedom

To celebrate the spirit of patriotism, Magnitude Gallery is exhibiting several interesting and vibrant set of original paintings under the theme, 'Freedom Celebrations'. The painting titled 'Gateway to Freedom' has the majestic India Gate, which is situated in the heart of Delhi. There is also a series on Ganeshas with vibrant hues. **Where: Magnitude Gallery, 3rd Block, Jayanagar When: Till Aug 15; Call: 9900117201**

Bookings on for all-new Hyundai TUCSON

Bookings for the all-new Hyundai TUCSON are now open. It comes in two feature loaded trims: Platinum and Signature. You also get to experience connected technology with over 60 Hyundai Bluelink features on offer. Customers can book it for Rs 50,000 and bookings can be made at 246 Hyundai outlets in 125 cities or at: https://clicktobuy.hyundai.co.in/#/bookACar?modelCode=9M
Present at the launch were Neha Saxena, Cine Actor, LN Ajay Singh, Director - Sales & Marketing along with Sanjith - Advaith Management at Advaith Hyundai Outer Ring Road showroom.

Brekkie that fills their tummies and hearts

Good Samaritans serve nutritious breakfast to children in government school in Whitefield to ensure they can study on a full stomach

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Yummy in their tummies: Students of Government Lower Primary School, AKG Colony, Whitefield

Several good Samaritans in the city have joined hands to ensure several children of a government school can start their day with a hearty breakfast, and parents of these kids are relieved. Most of these families come from economically strapped backgrounds and as the parents have to leave home early, children often go to school hungry.

Volunteers of Inner Wheel Club of Bangalore IT Corridor (IWCBITC) and Shashi Kumar S of Bhojanarpanam have been organising this special breakfast programme 'Upahaara' for government schools since 2018 and six government lower primary schools at Turahalli, Pattandur Agrahara, Gandhipura, Ambedkar Nagar, Vijayanagar, Nagondanahalli have been getting a healthy meal.

IWCBITC president Shanthi Subramanian said that the breakfast program Upahaara for government school children was started in 2018 and is already providing breakfast to around 485 children in six primary schools in Whitefield.

Now, 55 students of Government Lower Primary School at AKG Colony in Whitefield can also attend classes on a full stomach on their school premises.

"This initiative will certainly help more students to join this school," said Uma Rani, Headmistress, Government Lower Primary School. The breakfast program has been beneficial to the schools as records have shown improvement in health, mental well-being of students, retaining of students in school, and increase in admissions.

"The request from HM Uma Rani for providing breakfast has been with us for over a year now. As soon as we received funds, we got the program started this term. We hope to find sustained sponsorship to keep the program running. It is a joy to see children enjoying a healthy breakfast every day," said IWCBITC Past President Sarala Menon.

Parents, most of whom work as domestic maids and housekeeping staff, are very happy. "My two sons study at the Government Lower Primary School. I work far from home and have to leave the house by 6 am every day. I was not sure whether my children had breakfast all these days. The headmistress advised me to have breakfast today. They served idlis and sambar for breakfast," said KV Ganesh who migrated to Bengaluru from Mulabagal to earn a livelihood.

> **"I work far from home and have to leave the house by 6 am; all these days I wasn't sure if my kids had breakfast** – KV Ganesh

Pungodi, who works as a housemaid, had a similar story. She said that she no longer needed to worry about preparing breakfast for her two daughters. "I also had idlis at this school," said Pungodi.

"When Uma Rani from AKG GLPS approached me, I was determined to do it at the earliest. I have been a primary teacher for more than 15 years and I am aware that a hungry stomach cannot aid education in a child. Both parents of most of the children leave home for work at 6 am and the kids come to school on an empty stomach. By 10 am they're hungry and ask for food. When I heard this, I was impelled to work on this. With the help of kind donors and our club members this wonderful project became a reality," said Shanthi Subramanian.

She said that she is thankful to all the kind donors who can feel warmth in their hearts as the kids feed their empty stomachs every day in the morning.

"We are thankful to Sashi Kumar of Bhojanarpanam who provides very tasty and hygienic food at subsidised rates."

Kids, if you feel ill, stay home: Schools

Hand, foot, and mouth disease (HFMD) cases among children are on the rise and city schools are on the alert. Some of them have decided to not take any chances and schools have ruled that no affected students or those with even mild symptoms will be allowed to attend classes.

"While there is no intimation on this from the Education Department, we have started sending out circulars to the parents as precautionary measures. We do not want parents to be sending children to school with even the slightest of symptoms," said MN Natesh Kumar, principal of Gurukul International School. Schools say they decided to send the advisory after they noticed some children with symptoms of cold, cough or fever attending the classes.

"If the students developed feverish symptoms, we inform parents to take them home," said Nagaveni T Reddy, Principal, Orchids - The International School.

A handful of schools have also given an option to the parents to opt for online classes if the child is unwell.

"The school is undertaking regular monitoring of students' health and the campus is being sanitised regularly. While we are equipped with an in-house house infirmary and trained paramedics to identify these cases immediately, we decided to send the circular after an increase in cases of HFMD," said a representative of another city-based school.

Health experts say they are seeing several cases of HFMD among children and the numbers have gone up over the last few days.

"Every day, we are seeing around eight to 10 cases of HFMD. It is recommended for children to avoid school during the initial two to three days as it is a communicable viral infection. Once new skin rashes stop coming, the child can go to school," said Dr Harish Kumar, paediatrics and paediatric intensive care, Aster CMI Hospital.

School kids must wash their hands regularly and maintain basic hygiene

Practicing hand hygiene is important, say the doctors. "Children should keep their hands clean and wash them with soap before eating and after going to the toilet. They should be told to avoid touching eyes, nose, and mouth often. The virus can be transmitted through coughs, sneezes and direct contact with an infected person," added Dr Kumar. **— BMB**

For want of a govt job, she lost ₹59.5 L

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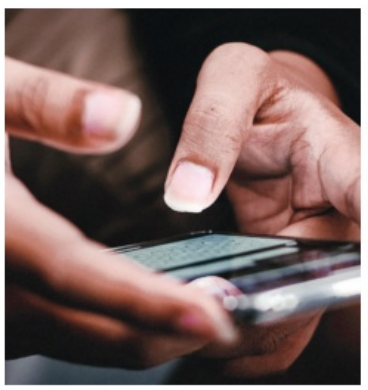
A KAS aspirant has filed a complaint against a conman who promised to get her the job of a tahsildar with the help of his contacts and not only duped her off Rs 59.5 lakh, but also threatened her and her family members with dire consequences when they demanded the money.

Sushmita (name changed), 29, a resident of a paying guest accommodation in Sahakar Nagar, is a B.Sc graduate, and aspires to become a KAS officer. She came to know of the accused, Siddaraju Subhasha Chandra Kattimani aka Siddharth, 32, through one of her college friends who told her that he was the go-to man when it comes to getting government jobs.

Sushmita contacted Siddaraju just after the Covid-19 restrictions were relaxed and was in touch with him when he used to send her screenshots of him messaging and video-calling with a few IAS officials whom he claimed he was close to and could get anything done with the help of their influence.

"He used to send me screenshots of text conversations with him and a few bureaucrats and would boast that he could get me a government posting of my choice," Sushmita told BM. Soon after he gained her confidence, Siddaraju started demanding money for the post of tahsildar.



He would send her screenshots of his messages with top officials

He initially demanded Rs 15.5 lakh which Sushmita gave him. He then demanded an additional Rs 24 lakh stating that the rates of the government jobs and positions had gone up due to the Covid pandemic and despite not having enough money, she managed to arrange for it with the help of her parents and deposited it in three bank accounts he had asked for.

The accused claimed that the money was the standard rate for granting anyone a post of tahsildar

Recently, he again demanded an extra Rs 20 lakh from Sushmita stating that she had to pay for final payments to certain politicians who would intervene to get her the tahsildhar's posting.

Sushmita borrowed from her relatives who were also government officials and she paid Rs 20 lakh to Siddaraju, hoping that she would get the posting for sure.

But soon after she gave all the money, Siddaraju's attitude towards her changed and he started threatening and abusing her over the phone whenever she called up to ask about her job.

He then started to not only abusing her family members who intervened in her issue, but also started threatening them dire consequences if they dared to ask for the money.

Sushmita then approached the Vijayanagar police who have registered a case of cheating against Siddaraju and have detained him for questioning.

Fake gold pledges land ex-employees in trouble

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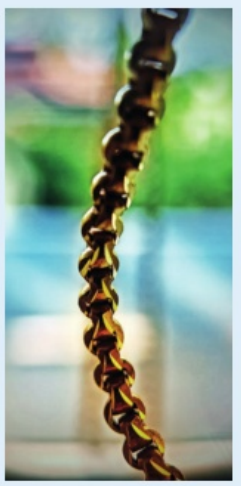
Ex branch manager, assistant arrested for granting loan of Rs 5.5 lakh to customers who had pledged fake gold

A newly promoted branch manager of a Kerala-based gold finance company in Bengaluru has complained to the cops that his predecessor and his assistant had allowed fake gold to be pledged from a few customers who were granted a loan of Rs 5.5 lakh.



Based on a complaint from the new branch manager Manjappa, the Whitefield police have registered an FIR against the ex-branch manager Raghu N and his assistant manager Shivakumar M, booking the duo for cheating and criminal breach of trust. They are however, yet to question the accused.

The incident happened at the Manappuram Asset Finance Limited in Varthurkodi's Ramagondanahalli branch in Whitefield between February 26 and August 1 this year.

In his complaint to the police, Manjappa conducted a thorough study of the work processes at the asset finance company and found irregularities and reported it to the head office.

The head office conducted an internal inquiry and found out the branch manager Raghu N and his assistant manager Shivakumar M was involved in accepting fake gold from a few customers whom they had granted loan amounts of Rs 5.5 lakh.

"Soon after the internal inquiries, the promotion of Raghu was withheld and he and Shivakumar were fired from their job and the head office seniors advised Manjappa to file a complaint with the jurisdictional police," said an officer.

Rajajinagar in need of traffic circles, signals

People also complain about lack of streetlights that can lead to accidents at night

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They say that in busy areas like Rajajinagar there are no traffic circles to ensure safe commuting of people. A lack of streetlights is also causing a lot of problems for them.

Kiran Joshi, a commuter, said, "There is a busy junction at Swathi Hotel bridge in Rajajinagar. A lot of people use this road for commuting and the traffic is heavy. However, in this busy junction there is no traffic circle which makes it very dangerous for commuters. They are at risk of getting into severe accidents."

Rijith Kumar, another commuter, said, "The road which is adjoining KLE College on the left side and another school on the right side in Rajajinagar is also a busy junction. A lot of school and college students use this road for going to class. This road is also used by a lot of vehicles that often go at a high speed. It is not safe for the school kids. It is very important to have a traffic circle and a traffic signal on this road so that it can prevent serious accidents from happening."

Commuters have also said that the junction adjoining ESI hospital near Dhobi Ghat is also devoid of traffic circles and signals. Vedanth Kambar, also a commuter, pointed out that a lot of people use this road for coming to the hospital and is always filled with a lot of vehicles, making it vital to have traffic circles to avoid congestion.

A lot of people, including school children, use the heavy-traffic roads in Rajajinagar, making it dangerous

There are reportedly no streetlights in these areas of Rajajinagar, which makes it even more difficult for people to travel at night.

> **"Travelling without streetlights is very risky. Many drivers can get confused without proper lights on the road.**
> – Rajesh Shekhar, Commuter

Rajesh Shekhar, a commuter affected by the issue, told BM, "At night, travelling without streetlights is very risky. There will be a lot of drivers who can get confused without proper lights on the road. Just a few days ago, I was on the verge of driving my bike into a pothole on the road because it was raining and there was no visibility."

A BBMP official said that they would look into the matter and make necessary arrangements.

(Un)holy trinity of city lakes

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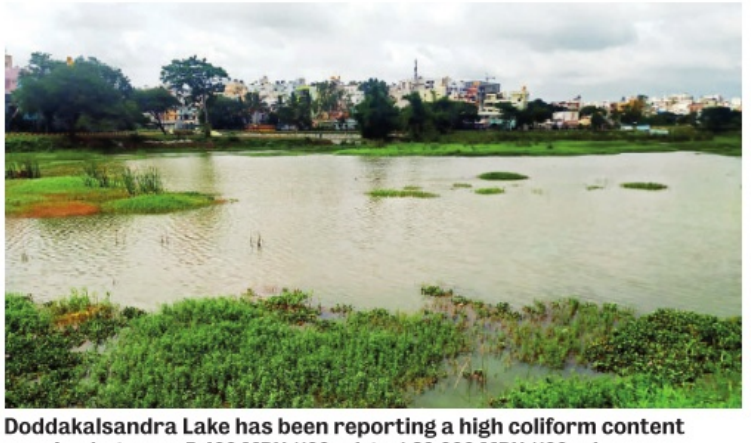
Water quality checks of the three city lakes, Kothanur, Chunchaghatta, and Doddakalsandra, from January to June, 2022, revealed that they were falling under the 'class D' category - fine for propagation of wildlife and fisheries, but not for human use. Lake activists want the BBMP to wake up and look into reviving the lakes.

A recent report published by ActionAid showed that there were 32 fish deaths in different lakes in the city this year. The high number is a cause of worry for the city's water bodies.

BangaloreMirror
'105 class D/E lakes in city unfit for bathing; can be used only for controlled waste disposal, industrial cooling, fisheries and irrigation'
ON THE LAKEFRONT

BM has been keeping an eye on the declining health of Bengaluru's lakes and the lack of initiative to reverse the same



Doddakalsandra Lake has been reporting a high coliform content ranging between 5,400 MPN/100 ml to 1,60,000 MPN/100 ml

The Central Pollution Control Board says that the standard coliform intake should be 5,000 MPN/100ml.

KSPCB data showed that Kothanur Lake reported the highest coliform levels in January at 92,000 MPN/100 ml, followed by 24,000 MPN/100 ml in February, 1,600 MPN/100ml in March, and 35,000 MPN/100 ml in April. It climbed to 92,000 MPN/100 ml in May, and June saw a decline at 9,200 MPN/100 ml.

Similarly, the recently rejuvenated Doddakalsandra Lake at Konanakunte reported high coliform content during the same period from 5,400 MPN/100 ml – 1,60,000 MPN/100 ml. Chunchaghatta lake in JP Nagar was no different with figures between 9,200-92,000 MPN/100ml. Raghavendra B Pachhapur, Lake activist and Programme Manager at ActionAid Association, said, "Total Coliform includes fecal coliform, a bacteria found in human and animal waste. The excess sewage in the lake will contain nitrate and phosphates that can lead to eutrophication. Eutrophication is the process in which a water body becomes overly enriched with nutrients, leading to plentiful growth of simple plant life. This will lead to reduced oxygen supply to the lake, which can be harmful for fish."

Statistics from the three lakes showed that dissolved oxygen (DO) content in the lake did not fare well. DO is one of the most important indicators of water quality. It is essential for the survival of fish and other aquatic organisms. Six months of data show that the DO levels have been between 3.2-6 at Kothanur ake. Doddakallasandra Lake reported between 4.8-6, and Chunchaghatta Lake between 4.0-6.

According to KSPCB, the dissolved oxygen content at 6 is of 'A class', which qualifies as drinking water. Anything that reduces to 4 and below goes to class D and E, that is unfit for consumption.

"BBMP should act against higher levels of BOD and lower levels of DO. While the KSPCB has carried out water quality analysis of only 105 lakes, we need to ensure all rejuvenated lakes of Bengaluru are covered under water quality analysis," said Raghavendra.

Citizens also added that the three departments BBMP, KSPC,B and BWSSB should work together in order to ensure better health of lakes.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Commuter chaos

Dickenson Road

Vehicles moving on the opposite side is becoming a huge problem on Dickenson Road.

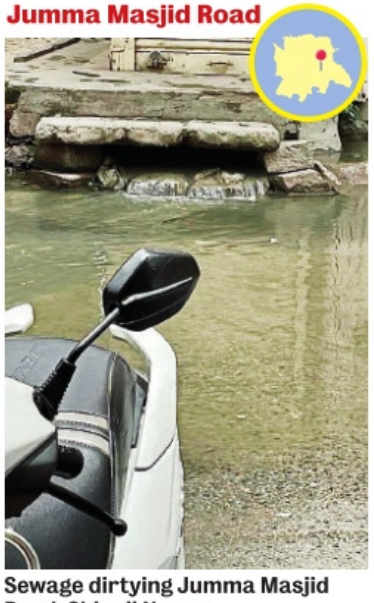
Make some room

Rajajinagar

No space to walk on the footpath in 6th Block, Rajajinagar.

'Sewage falls'

Jumma Masjid Road



Sewage dirtying Jumma Masjid Road, Shivaji Nagar.

Gentle reminder: Govt agencies owe BWSSB crores in water bills

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If you don't pay your water bill before the last date, there is a good chance the Bangalore Water Supply and Sewerage Board (BWSSB) will cut your water supply. Fact is, you are just not as lucky as government agencies that can keep on drawing water despite big-time dues.

According to the latest list of defaulters, various Central Government offices located in Bengaluru owe the BWSSB a whopping Rs 21.75 crore (inclusive of Rs 15.97 crore of payment dues and Rs 3.19 crore of interest on the dues). The State Government is a step ahead as it owes Rs 71.61 crore. BBMP is yet to pay Rs 19.29 crore, police department Rs 49.73 crore, railways Rs 18.73 crore, health department Rs 3.38 crore and PWD Rs 3.64 crore.

And the BWSSB is only issuing them gentle reminders (in the form of notices) requesting them to pay the dues as disconnecting water connection to 'powerful' offices may not work out well. However, BWSSB Chairman N Jayaram said, "We have issued notices to the offices of the State and Central Governments asking them to pay their dues. We are unable to immediately disconnect the connection to these offices as it may cause inconvenience to public who visit for various works."

BWSSB needs money for its plans

A BWSSB official said that the dues are to the tune of Rs 147 crore and failure in collecting this amount has pushed BWSSB into losses. BWSSB supplies water connection to 10.55 lakh houses in Bengaluru besides sewage connection. It collects Rs 1,300 crore annually in the form of fee. However, officials say that the BWSSB also incurs huge expenditure for various infrastructures, salaries and other expenses.

A BWSSB official said that in 2013, it was paying Rs 35 crore towards electricity bill alone. Now, the electricity bill has shot up to Rs 70 crore as the BESCOM has hiked the tariff six times in the last nine years. But, officials say that issuing notices has not fetched nil results. "While a few offices have asked us to give discounts on the dues while the others have been asking us to completely annul the payment. A few other offices have sought extra time for payment of bills and want the interest rate to be waived off. However, if we do so, then our finances will be in deep trouble."

Many Bengalureans want the BWSSB to act tough. "We wonder why the BWSSB has a soft corner for government offices. If the BWSSB fails to extract bills from netas and government offices, then how can a common man pay the bill? BWSSB is taking up a lot of ambitious works like providing water to 110 villages, remodeling the sewerage network etc. So it needs to be in a sound financial position to improve the infrastructure in the city," said Rajesh S, a techie.

Passport peregrination

Police verification delay, unresponsive passport office — just some issues applicants in city are facing

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Even after the Ministry of External Affairs (MEA) assured a smooth and easy passport process, some Bengalurueans complain that their wait to get passports is stretching on with verification process carrying on for weeks.

Vijaya Shenoy, a resident of Malleshwaram, told Bangalore Mirror, "We wanted to get my grandson's passport renewed as he turned 18, for which he needed to be verified by the police. We went to the police station last Monday and gave all the credentials. But, the website still says that verification is pending. When we checked with the police station, they said that it will take another week for the process to be over. Even though the verification is virtual now."

In June, External Affairs Minister S Jaishankar said that the ministry is working on simplifying the process of passport issuance in the country, "To smoothen the passport delivery ecosystem, the Ministry is continuously working with States/UTs police to reduce the time taken for police verification: the mPassport Police App is now used in 22 States/UTs covering 8275 Police Stations," he said.

You are in queue: At the Regional Passport Office in Koramangala

Other people complained that the Regional Passport Office in Bengaluru has been inefficient in solving grievances, making them wait for months on the end to get their passports.

Raghavendra K had faced a few glitches in the process of passport renewal in Bengaluru. "My passport expired in March so I applied for renewal at the post office PSK in Jalahalli. Though the process was smooth, the cameras at the PSK weren't functional so everyone had to go and get their pictures clicked from outside. Two months later in May, I got a letter that there was a problem with my passport renewal process. I went and got all my original documents verified again at the RPO but I still haven't received my passport. I have tried to call the office several times." "I need my passport for work-related trips and to apply for visas but everything is getting delayed," he added.

The people have also been complaining about the grievance cell contact number for Bengaluru RPO being unresponsive. Even when Bangalore Mirror tried to call the Public Grievance Officer, they were unavailable for comment.

Vinayak Patil, Deputy Commissioner of Police, North division, said that the police verification process ideally should take not more than a week. "We try to verify all the applications within seven days. If complaints take more than a week, we get back to the concerned police station and check with them. But a majority of the applications are being verified within a week."

Gaurav Gupta to take charge of K-RIDE

IAS officer Gaurav Gupta has been given an additional charge of Managing Director K -RIDE which is tasked with construction and execution on suburban railway network in Bengaluru. He replaces Amit Garg whose three-year tenure ended on July 25 as the state government refused to give him an extension.

PIL on BBMP Act: HC notice to state govt

The Karnataka High Court on Wednesday issued notices to the state government on a public interest litigation (PIL) that seeks prescribing punishment to Bruhat Bengaluru Mahanagara Palike engineers/officials under the new BBMP Act 2020 for failing to prevent illegal and unauthorised constructions. PTI

Grand welcome to CWG champ Sen at airport

After Indian shuttler Lakshya Sen's successful Commonwealth Games 2022 campaign which saw him capture two medals, the rising Indian badminton star received a warm welcome from fans at the Bengaluru airport.

Sen received an overwhelming welcome from his loved ones and fans at the airport. The sounds of cheers and dhols were ringing through the airport. The shuttler wasted no time and shook a leg with his fans in celebration of his successful first major competition.

He also got some pictures clicked with his fans.

Sen expressed happiness about the welcome he received at the airport.

"There was a lot of pressure this time because of the past results as well. I knew that it was not going to be easy. But I had the belief that I could go all the way from the beginning. So, I made it. I am used to these types of welcomes now. Would like to thank everyone who came," he added. ANI

ಚಿತ್ರಕಲಾ ಪರಿಷತ್ ದಸ್ತಕಾರ್ ನೇಚರ್ ಉತ್ಸವ್
Dastkaar Nature Utsav
Art Crafts Handlooms & Lifestyle
Exhibition cum Sale
ಪ್ರದರ್ಶನ ಮತ್ತು ಮಾರಟ
at: Karnataka Chitrakala Parishat
Near Shivananda Store,
Kumara Krupa Road, Bangalore
5th to 14th August 2022 Time: 10:30am to 8:30pm
An opulent show of ethnic & traditional silk, cotton handloom products made by master weavers from all over India
Entry & Parking Free
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JOBS FOR YOU
Your CV

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Bengaluru techie to trace India's map on a bicycle

Sticking to route is important; bad road conditions, heavy rains and limited time can be some hurdles, says cyclist Shivakumar Devan

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMirror

Shivakumar Devan will start his journey from Peenya on August 13 to trace the map of India and will conclude it on August 15

Ahead of independence day, artist and avid cyclist; Shivakumar Devan will be tracing the map of India by cycling. Apart from inducing his passion for cycling and art in this unique endeavour, he will also raise funds for a child's medical treatment and children's education.

Shivakumar Devan, a techie, has decided to cycle around 520 km to trace the map of India. The cycle-art project will be a two-day ride starting from Bengaluru, Tumakuru, Sira(Tumakuru district), Madhugiri(Tumakuru district), and Lepakshi (Sri Sathya Sai district of Andhra Pradesh), Gauribidanuru(Chikkaballapur district), Doddaballapura(Bengaluru Rural) and return to Bengaluru.

He will start his journey on August 13 and complete the tracing on August 15.

Shivakumar Devan said that he has been planning the project for a while.

He said, "I plotted the route a while ago. I have cycled parts of the route but not in its entirety. I will start from Peenya or Mehkri Circle in Bengaluru and go to Tumakuru. Just before Tumakuru, I will be tracing Gujarat and will take a deviation to form the Rajasthan Haryana area."

> **"During these rides, I take rest at petrol bunks, but due to the rains I will have to look for hotel accommodations**
> – Shivakumar Devan, cyclist

"I will proceed to Sira, make a loop and reach Madhugiri to form Jammu & Kashmir and then will form Sikkim while going to Hindupur. Hindupur to Lepkashi, I will form the North Eastern states, and go to Gauribidanur to give the arch of Bangladesh. Further, I will go to Ghati Subramanya to form Orissa and Andhra Pradesh. Reaching Doddaballapur, I will form Telangana and come to Rajankunte -Yelahanka, Mehkri Circle to form TamilNadu and come from Yeshwantpur-Nelamangala to form Karnataka, Goa, and Maharashtra," he added.

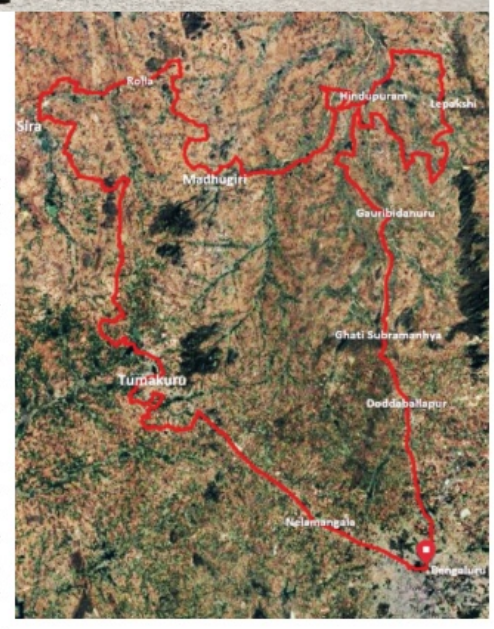
The challenge will be sticking to the route irrespective of the road condition.

"Usually when I encounter a mechanical problem or road issues, I could always circle the area but to trace the map of India, I will have to make sure to stick to the route. There is some uncertainty due to monsoons as well," said Devan.

He added that the original plan was to complete the project in 40 hours but he had to extend it to 2 days due to monsoons. As a seasoned rider, Devan is not worried about the ride but worries that rain will affect his overnight shelters.

"As of now, no special preparations. During these rides, I take rest in petrol bunks but due to the rains, I will have to look for hotel accommodations," he said.

Devan has also cultivated an interest in portraits and paintings. Last year, he made the Karnataka map through his cycle on Karnataka Rajyotsava.



Apart from the cycle art, he wants to raise funds close to Rs 1,25,000. As of now, the cause has received Rs 60,000 from generous donors.

"I heard about a friend of mine whose 7-month-old nephew is suffering from a rare disease called Spinal muscular atrophy and requires Rs 16 crore for treatment. I decided to raise fundsand help save the child's life. Through the ride, I want to create awareness and raise funds," he added.

Devan is also fundraising for the cause of children's education. "Primary Education is mandatory for everyone. But many children are forced to work to support their parents. Education is unaffordable for many so funds are being raised for Jairudha Foundation that is working in this field," added Devan.

It's trees vs concrete in Bengaluru

CONTINUED FROM PAGE 1

into the already polluted Vrishabhavathi valley. So there is zero chance of utilising the rainwater. Unless drains are clear of debris and rainwater harvesting (RWH) sink pits are installed in the concrete drains, this will only lead to more groundwater drying up," said Niveditha Sunkad, managing trustee of I Care, RR Nagar.

She said cities across the globe have realised that this blunder is costing them: "We should educate our politicians that there's more money in permeable road laying."

A Satyanarayana, a resident, said the BBMP must assign the contractor not only to plant saplings but also nurture them for five years. "I am not against constructing the roadside drain and retaining wall but the BBMP should take measures to ensure avoiding loss of trees in the name of developmental works. Let the BBMP make it mandatory for the contractors to plant saplings and maintain those saplings for five years. These measures or initiatives will ensure sufficient greenery in Bengaluru. They should give preference for planting honge and neem saplings," said Satyanarayana.

Meanwhile, BBMP executive engineer (major roads) denied cutting more than 100 trees for the construction of the drain and retaining wall. "I will take measures to reduce the number of trees to be cut down for the construction of the roadside drain and the retaining wall," he added.

Trainsplaining: Take Memu to the airport

CONTINUED FROM PAGE 1

all five trains. This is a very low number," said a senior SWR official.

The trains were expected to be a huge relief not just to Bengalureans who end up paying exorbitant fares for cab services, but also to hundreds of BIAL employees, who travel to and from the airport daily.

"Before deciding the timings of these trains, we had a meeting with BIAL officials; they gave us their preferred timings for operation. Based on their requirements, five pairs of Memu trains were introduced. Many BIAL employees live in and around Yelahanka. This is the reason we introduced one special train from Yelahanka to BIAL in the morning and evening hours. The other four trains also stop at the Yelahanka station," said an SWR official.

The train from KSR Bengaluru City station to Devanahalli takes approximately one hour and stops at Cantonment, Baiyappanahalli and Yelahanka stations before it reaches the airport.

"We are providing a low-pollution and traffic-less commute which is affordable. For instance, from the city centre to the airport, while a Memu ride will cost a person around Rs 30-35 per trip, travelling by BMTC Vayu Vajra buses will cost Rs 230 per person and taxis charge around Rs 500 per person. We are not looking at making profit but there should be enough people using this facility," said Kusuma Hariprasad, additional divisional railway manager, SWR.

For many frequent travellers to the airport, it is the last mile connectivity that is dampening the Memu service. "It is much easier and less time-consuming to catch a taxi from home than going to the station and taking the train ride. Moving around with your luggage in the city and taking a train is a difficult task. Moreover, after alighting at Devanahalli station, the feeder bus service is required to reach the airport," said a commuter.

According to Preksha R, another frequent commuter to the Kempegowda International Airport, there is not much awareness among the BIAL passengers about Memu trains. "BIAL authorities should spread awareness about this facility among passengers by putting up banners and announcing it at the airport. I have been to the airport after Memu train service began; I have not seen any signboards or heard announcements at the airport about BIAL's feeder service to Devanahalli station and Memu trains availability," said Preksha. Five pairs of Memu trains on the same route were first introduced by SWR in 2021. However, after two to three months of operations, authorities decided to do away with the service due to poor patronage and operational constraints.

This time around, the Memu service was started after the electrification of the Yelahanka-Devanahalli-Chikkaballapur section and after the Karnataka Power Transmission Corporation Ltd (KPTCL) removed its transmission line over the Yelahanka-Devanahalli railway track.

Customers go online, give rakhis at shops the go-by

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TWEETS @BangaloreMirror

Raksha Bandhan is here, but rakhi sellers are not too kicked about this year's sales. Some said they were unable to sell even 50 per cent of their stocks -- and they said the villain in their story was the online sale of rakhis.

Rakhi sellers said that for the last two years, people could not celebrate Raksha Bandhan properly because of the pandemic, this year they were upbeat about sales.

Guru, who owns Ramdev Fancy Store in Kirloskar Layout, had stocked up on more rakhis this year, as he was expecting more people to buy. They had different varieties too. "But, very few people came to shop. We had displayed them outside the store so that people could see and get in. Even that did not help," he said.

Manju, who sells rakhis at his shop in Jalahalli, said the customers who came too were pushing for heavy discounts. "They wanted us to reduce rakhis worth Rs 200 or Rs 250 by Rs 100. If we do that, we won't make any money," he said. Manju had invested more than Rs 10,000 in rakhis this year, but was able to recover just Rs 4,000.

Shopkeepers say much of their rakhi stock remained unsold

Some other shopkeepers BM spoke to said this was the first time they had got rakhis hoping for a boost to the otherwise boosting their flagging businesses. But even they were left disappointed.

Ravi S runs a fancy store in Vijaynagar. He had added rakhis to his store offerings this year. "Very few people turned up to buy them. Most of the rakhis will go to waste," he said.

As for customers, they said the deals are better online. Radhika Dalal, resident of MG Road, said, "When I checked online, for Rs 350 I was getting two rakhis and a chocolate hamper. But at a store nearby, it would cost me almost Rs 600, so I preferred to buy it online."

Some also said there was more to choose from. Vidya K, an Indiranagar resident, said she had a good shopping experience online as she could get more designs there.

"These varieties are not available in stores. I thought the quality of rakhis were not that good too at the stores," she said.

Plan B: Bid for BBMP's waste-to-CNG plants

Palike ditches direct selection method, to go for tender option to choose company

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) will soon float a notice inviting tender for waste-to-CNG plants in the city. The civic body is planning to come up with two such plants with a capacity of 500 tonnes a day. Bangalore Mirror had earlier reported that Palike was all set to get into an MoU with an Indore-based company to set up BioCNG plants under a public-private partnership. However, BBMP officials have now informed that the direct selection method was later shot down by the higher officials.

"We were in talks with EverEnviro Resource Management Pvt Ltd to set up two BioCNG plants on the Bio-methanation model. But, we have decided to go for tendering now as the direct selection method was shot down. We had proposed EverEnviro as they have the experience and expertise to establish and run such plants. But there are many players in the field and we would like to give all of them a chance. Tenders will be floated soon, and the successful bidder will get the contract," said Dr Harish Kumar, special commissioner, Solid Waste Management, BBMP.

With a capacity of 500 tonnes per day, two such plants will be set up in Chikkanagamangala and Karnataka Compost Development Corporation in Bommanahalli through collaboration with the selected bidder and will function on the Bio-methanation model.

The decision to set up the plants has been taken to reduce reliance on fossil fuels and get more CNG vehicles on roads.

"The plants are being set up to reduce fossil fuel consumption and promote CNG-based vehicles to reduce air pollution in the city. Needless to mention, it will also manage the city's organic waste," said a BBMP official.

BBMP plans to look for landfill sites where the waste can be processed too

> **There are many players in the field and we would like to give all of them a chance. Tenders will be floated soon and successful bidder will get the contract**
>
> –Harish Kumar, BBMP

Bangalore Mirror

With waste-to-energy plants scrapped, plan afoot to make natural gas from organic solid waste in BBMP limits

ALL THAT GAS

MoU to be signed with firm for two 500-tonne capacity plants

BM had reported on July 11 that BBMP will sign an MoU with an Indore-based company to set up CNG plant

According to officials, there were logistical hurdles in establishing BioCNG plants in the city before. But with gas pipelines being laid across the city by Gail Gas Limited, the dream of affordable CNG-operated vehicles can be realised.

Waste management

As per the BBMP officials, the solid waste management process used by the civic body in the past is ready to undergo drastic changes.

"We will now be focusing on the waste processing process and will concentrate on the end-to-end solution. Our goal is to convert entire waste into a usable form and dump only the inert to the landfills. Coming up with an integrated solution of waste management is of utmost importance to us," said Dr Kumar.

Currently, the Palike sends municipal waste to processing plants located far off from the landfills. As per the new proposal, any waste, whether mixed or wet, will get processed at the landfill sites themselves. "Going forward, any land chosen will be based on this criteria. We are looking for land where we can set up facilities that will provide an end-to-end solution for every kind of municipal waste. Moreover, the land cannot be located around human habitation. Our current sites are abandoned quarry pits and it is not feasible to come up with processing units. For such arrangements, acres of land adjacent to the landfills will be required," said a BBMP official.

At present, half of the waste generated by the city is dumped in the Mitaganahalli landfill located in East Bengaluru. While the civic body had proposed the Hullahalli landfill in North Bengaluru to reduce the cost of waste transportation and to decrease the burden on the Mitaganahalli landfill, it is yet to become operational.

"There is a stay order on the proposed Hullahalli landfill site by the High Court. While Kannur landfill is ready to receive waste, we are looking at land that can help us achieve our goal of an end-to-end solution," added Dr Kumar.

Fake Aadhaar: HC asks UIDAI to give papers to NIA

The Karnataka High Court on Wednesday directed the Unique Identification Authority of India (UIDAI) to provide the National Investigation Agency (NIA) with documents or copies of the documents submitted by 12 alleged Bangladeshi nationals to obtain Aadhaar cards.

All the 12 accused are currently in custody in the Parappana Agrahara central prison. The single judge bench of Justice Krishna S Dixit in its judgement said that since the allegation is of these persons having obtained Aadhaar card by fraud, forgery and fabrication, "then the documents for information for which the petitioner has sought for from respondent have to be parted with to the petitioner or at least the copies." The court ordered that the NIA be "permitted to look into the originals or such other documents submitted by Aadhaar grantees, this needs to be done within two weeks." On April 22 this year, the UIDAI had refused to provide the documents to the central agency citing Section 33 of the Aadhaar Act.

'DJ Halli violence, act of terror'

The High Court has stated that the large-scale violence that broke out in DJ Halli and KG Halli localities of Bengaluru following a social media post 'was an act of terrorism'.

The High Court has rejected the bail petitions of accused Atiq Ahmad and others on Wednesday in connection with the incident. The bench also stated that the accused gathered at the spot to create an act of terror as was mentioned by the National Intelligence Agency (NIA) charge sheet.

—Agencies

'Threw ink on Tikait for fame'

Police on Wednesday said that the accused, who threw ink at Bharatiya Kisan Union leader Rakesh Tikait, revealed that the act was done with an intent to become famous. Police submitted a 450-page chargesheet to the 8th Additional Chief Metropolitan Magistrate (ACMM) court and recorded the statements of 20 eyewitnesses, while 89 witnesses have been named in the chargesheet. The chargesheet has been submitted against Bharath Shetty, an activist of Hindu organisation, his associates Shivakumar, Pradeep Kumar and Umadevi. The main accused Bharath Shetty had told police that they threw black ink at Tikait as they wanted to become famous, which was recorded.

Bommai will complete term, says Yediyurappa

Rejecting speculations that the Karnataka Chief Minister would be replaced ahead of assembly polls next year, state BJP strongman B S Yediyurappa on Wednesday said Basavaraj Bommai will complete the term and no such discussions about a change has taken place in the party.

The former chief minister also said the party leadership will decide on the next state BJP president, once the incumbent Nalin Kumar Kateel's term is over, and that he and other state leaders will tour Karnataka with an aim to come back to power in the 2023 assembly polls.

"There is no truth in it. There is no question of changes when it is seven to eight months for election. Basavaraj Bommai will continue as the Chief Minister. Such unnecessary reports in the media are not right, I appeal to you to stop it," Yediyurappa said in response to a question on Congress' tweets regarding replacement of the CM.

Speaking to reporters here, he said no one in the party is discussing changing the CM and there is no need for it.

"Even if someone has said something in this regard, there is no such change," he said in response, when told that an ex-BJP MLA has indicated about replacement of the CM.

Bommai, who took over from Yediyurappa as Chief Minister, completed one year in office on July 28. He is currently under home isolation after testing positive for covid-19. **PTI**

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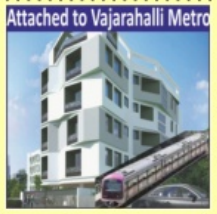

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I, EHSANULLA ABDUL KHAYUM, S/o, Abdul Khayum residing at No.7/2, J P Regency Apts, Flat No.403, 4th Floor, Harris Road, Benson Town, Bangalore 560046 have changed my name to EHSANULLA vide affidavit dated 27.07.2022 sworn before notary B.V Nagabhushana, Bangalore

I, SHRENIK KUMAR PARASMAL S/o Parasmal Rikhabdas Jain R/a No.9, Paras, 3rd Cross, Kumara Park West, B'lore -20 I have changed my Name to SHRENIK PARASMAL vide Affidavit dated 10.8.22 sworn before notary V Rangaramu B'lore.

I, Tejas Pai Karkala S/o Ravishankar Pai Karkala R/o #836, 16th main, Mariyappanapalya, Jnanabharathi, 2nd stage, Bengaluru 560056 have changed my name as TEJUS PAI KARKALA affidavit Dt.10/08/2022 notary K.V Mani, B'luru

I Prithvi Dayanandan S/o Dayanandan Narayanaswamy R/o 964, 9 Block, Jal Vayu Towers, NGEF Layout, Bengaluru-560038, Karnataka have changed my name from Prithvi to Prithvi Dayanandan for all purposes.

I Anmol Bharat residing at no A701,NR Royal Park Residency,Rachenahalli Main Road, Thanisandra, B'lore-560077 have changed my name to Anmol Bharat Sahni vide affidavit dated: 10.8.2022 sworn before notary K V Mani , B'lore

I Prema Devi w/o Rooparam Kumavath R/o #486, TCH College road, Nagavara, Bengaluru 560045 have changed my name to PREMA KUMAVATHI affidavit Dt.10/08/2022 notary K.V Mani, B'luru

I, Jaffar Sharieff R/o No 12, 5th C Cross Hutchins Road , Cooke Town, Bengaluru-560084. have changed my minor son name from Rehman Sharieff to Rehaman Sharieff for all purposes.

I, Rooparam S/o Dhagalaram, R/o #486, TCH College Road, Nagavara, Bengaluru 560045 have changed my name to ROOPARAM KUMAVATH affidavit Dt.10/08/2022 notary K.V Mani, B'luru

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HEALTH TIP: Use sulphur-rich onion oil on your scalp to prevent and treat baldness

Higher levels of potassium and soluble fibre in guavas help to improve heart health

BangaloreMirror | 9
Thursday, August 11, 2022
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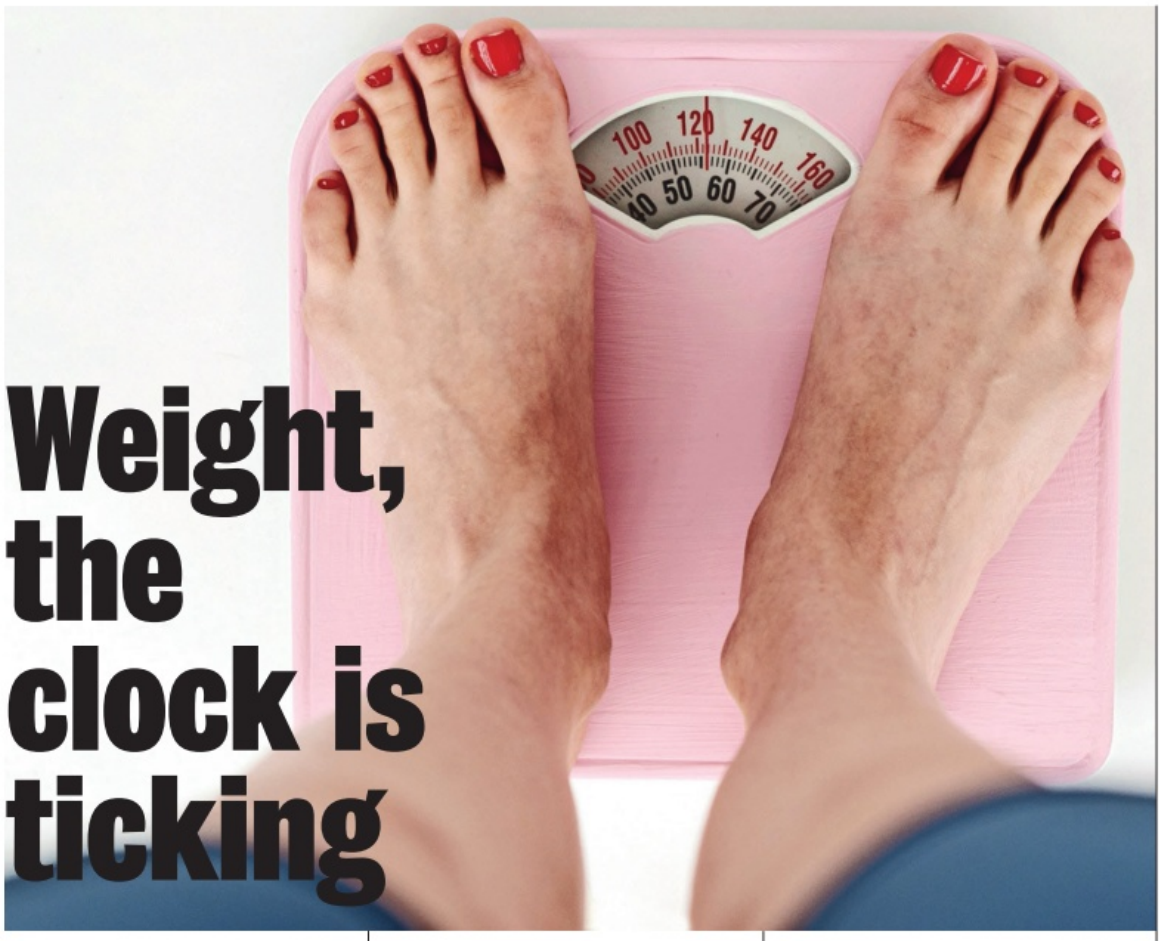


Weight, the clock is ticking

Fat cell development is significantly influenced by circadian clocks

Disruption of the circadian clocks that keep the body and its cells entrained to the 24-hour day-night cycle plays a critical role in weight gain, according to a pair of studies.

One study, published June 27, in Cell Reports revealed that stress caused by chronically administering glucocorticoid stress hormones and disturbing the normal daily cycle of release triggers a temporary protective mechanism in mice. This mechanism boosts fat cell growth and insulin production while reducing excess blood sugar and fat levels in the bloodstream and liver. The second study, published August 8 in the Proceedings of the National Academies of Sciences, shows that fat cell precursors commit to becoming fat cells during the rest period of mice. The studies suggest that stress and other factors that throw the body's "clocks" out of rhythm may contribute to weight gain and suggest new treatment approaches for obesity.

"A lot of forces are working against a healthy metabolism when we are out of circadian rhythm," explained the senior author of both studies Dr. Mary Teruel, associate professor of biochemistry and a member of the Gale and Ira Drukier Institute for Children's Health at Weill Cornell Medicine. "The more we understand, the more likely we will be able to do something about it."

In the first study, Dr. Teruel and colleagues mimicked the disruptive effects conditions like Cushing's disease or chronic stress have on the usual daily fluctuations in glucocorticoids, a class of stress-linked hormones. To do this, they implanted pellets that released glucocorticoids at a constant rate over 21 days under the skin of mice and compared them with normal mice who have normal daily fluctuations. The amount of brown and white fat in the mice with the glucocorticoid pellets doubled within 21 days, and insulin levels in their bodies skyrocketed even though the mice still ate the same healthy diet as the normal mice.

"If you stress the animals at the wrong time, it has a dramatic effect," Dr. Teruel said. "The mice aren't eating differently, but a big shift in metabolism causes weight gain."

Surprisingly, these metabolic disruptions seemed to have a "protective effect" by keeping blood sugar levels low and preventing fat from accumulating in the blood or liver. When they removed the pellets, the metabolic changes quickly reversed.

"It shows the animals can cope with chronic stress for a while," she said.

In the second study, Dr Teruel and her colleagues attached a red fluorescent protein to a protein that controls the expression of important circadian clock genes and a yellow fluorescent protein to peroxisome proliferator activated receptor gamma (PPARG), a protein that regulates fat cell production. They used these two fluorescent markers to monitor the daily fluctuations of PPARG and circadian gene expression in mouse fat cell precursors. During the rest period of the day, they found a circadian protein called CCAAT enhancer binding protein alpha (CEBPA) causes a rapid increase in the production of PPARG. Once PPARG levels reach a certain threshold, the precursor cells commit to becoming fat cells, a process that takes a few days to complete.

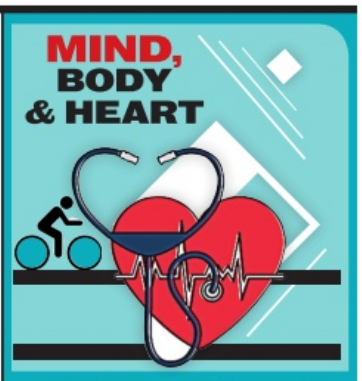
"The decision to become a fat cell happens rapidly over 4 hours. It is like a switch," she said. "It only happens at a certain time of day."

Dr. Teruel and her colleagues are now working to understand why disturbing the daily rhythms of glucocorticoids triggers temporary protective metabolic changes. They also want to learn whether prolonged stress or a high-fat diet makes these changes permanent. The results of these studies could help determine how long it is safe to treat individuals with glucocorticoid drugs for conditions like asthma.

The research might also lead to the development of drugs that help reset circadian rhythms in people with obesity as an alternative to more invasive treatments like bariatric surgery. Another possibility might be therapies targeting the 4-hour window when fat cell precursors commit to becoming fat cells to prevent excess fat accumulation.

Dr. Teruel and her colleagues also believe learning how to synchronize the body's cellular and master circadian clocks will be essential.

"Every cell in our body has an intrinsic cell clock, just like the fat cells, and we have a master clock in our brain, which controls hormone secretion," she said. "We are trying to understand how they work together and how we can coordinate them." **ANI**



All problems solved

Dear Coleen

I've fallen in love with a much older guy against my better judgment and I'm looking for some reassurance. I'm 36 and he's 59, and soon to turn 60. He's fit and young looking for his age, he's divorced but doesn't have kids, and if it weren't for the age thing he'd be perfect.
Psychologically, I'm struggling with the idea of him turning 60. I know this probably sounds quite cold, but I don't want to end up being his carer when I'm in my 40s and I also want to have kids, which he's up for, too. That surprised me, as I thought having children would be a deal breaker. The trouble is, I love him and care about him, but I don't think this worry about his age will just disappear. I'm pretty sure he's going to ask me to marry him, so I know I need to decide what I want soon. Can you help?

COLEEN SAYS

I think attitude is what keeps young and engaged with life. But 24 years is a significant age gap, so if you have doubts you need to express them.
The way forward is to be honest with your partner, confront those fears and talk about what the challenges might be in years to come and how you'll cope.
For example, at 36, you're at a point in your life when you need to think seriously about trying for a baby soon because you don't know how long it'll take or if there'll be fertility problems.
He might be saying he wants children because he doesn't want to lose you, but how will he cope with the challenges of being a new parent?
Will most of the work be down to you and will that cause resentment?
You've probably given your partner a whole new lease of life and you're both in love, so you don't want to think about any negative aspects, but it's better to be prepared for the potential challenges, so don't put off the conversation."

—Coleen Nolan, Daily Mirror

MIRRORLIGHTS

Hair damage during monsoon is real

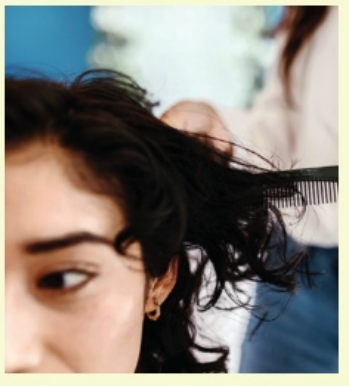
During the monsoons, we often enjoy our lazy weekends by practising self-care. But not only do we neglect our hair care regimen, but it frequently falls lower on the priority list.

Monsoons can be the most difficult time of year to take care of our hair. Our hair becomes frizzy, dry, loses its lustre, and develops dandruff and an itchy scalp as a result of rising air humidity.

So here are some strategies to cure monsoon-related hair damage.

Apply Aloe Vera and Green tea-based hair oil : Do you recall the "nuska" your grandmother used? "Your Hair is ready to travel; just apply oil." Making oiling a regular part of your hair care routine will help prepare your hair. Twice a week, apply hair oil before shampooing to strengthen hair strands from the roots, lessen frizz, and avoid hair breakage.

Regular champi once a week : The scalp can benefit greatly from a 15-minute champi, which is similar to a spa treatment and one of the greatest ways to heal damaged hair. It enhances the oil's ability to penetrate the skin and deliver its active elements, speeding up blood circulation and hair growth.



The Best way is to towel-dry your hair : Use the towel-dry method rather than blow-drying your hair as this may cause it to become more frizzy and dry. After shampooing, it is ideal to dry your hair with a microfibre towel.
Use the right comb : When you attempt to comb through tangles after washing your hair, you risk significant damage. Because of how delicate your wet hair is, brushing it vigorously might cause hair loss. It's preferable to towel-dry your hair before using a wide-toothed comb, jade comb, or wooden comb as these will be less harsh on your strands.

—IANSlife

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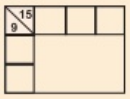
SOLVE IT IN A MINUTE

$[2^3 * 4\hat{}(½)] / 8\hat{}(5/3) = ?$

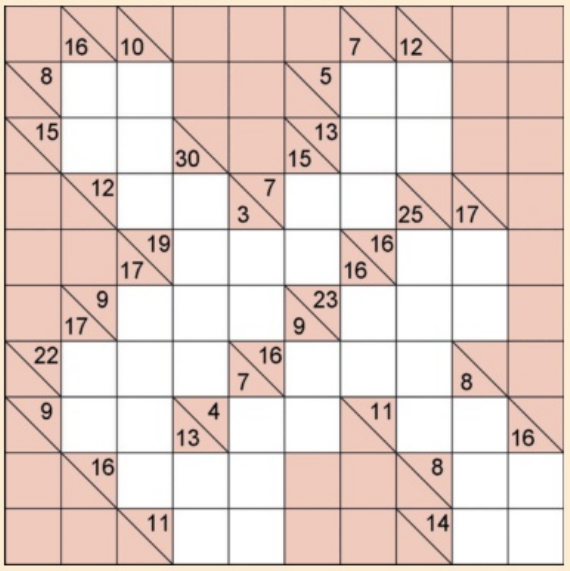
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

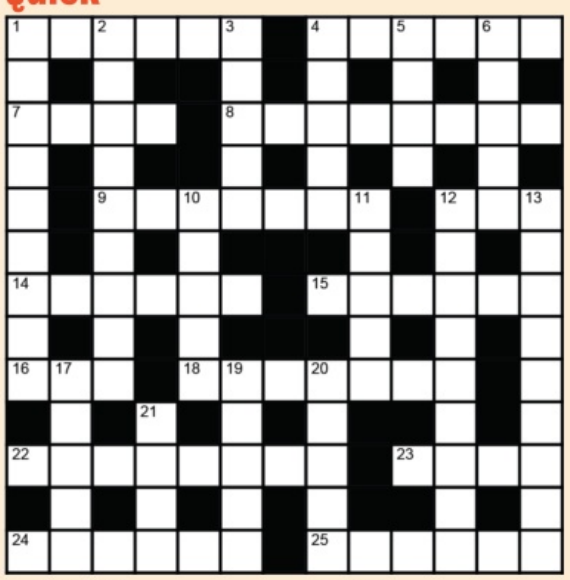


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Liquid medicament (6)
4 Convexity of a road (6)
7 Melt or soften (4)
8 Cricket great Sunil ___ (8)
9 Vatican chapel (7)
12 Seed vessel (3)
14 Irish accent (6)
15 More just and judicious; more acceptable (6)
16 Precious stone (3)
18 Tourist destination home to the Ranganatha Swamy Temple (1,1,5)
22 Kitchen hand (8)
23 Eye complaint (4)
24 Tender-hearted (6)
25 Military policeman (3,3)

DOWN

1 Slovenly person (9)
2 Change, alter or convert (9)
3 Period of dark (5)
4 Assembly of witches (5)
5 Source of inspiration (4)
6 Muse of poetry (5)
10 A firework (5)
11 Electronic message (5)
12 Bloodsucking (9)
13 Very inexpensive (4,5)
17 A master of ceremonies (5)
19 Elevate (5)
20 Nearer the centre (5)
21 Narrow cut (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS Y

YI'H TVI GQJI AVO'BR KVI, YI'H GQJI AVO OHR IQJI SJDRH J EYMMRXRTUR.

Linemaro

I have fallen in love with your smile

Mindchow

The best argument is that which seems merely an explanation

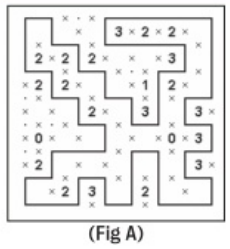
Joke of the day

The difference between stupidity and genius is that genius has its limits

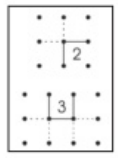
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

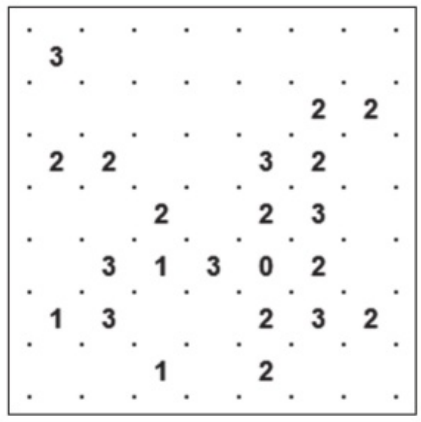


(Fig B) Not Allowed

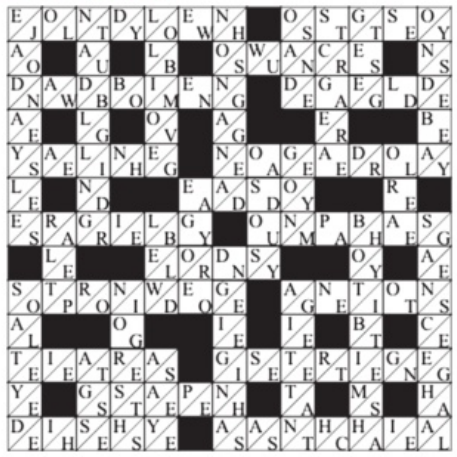
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



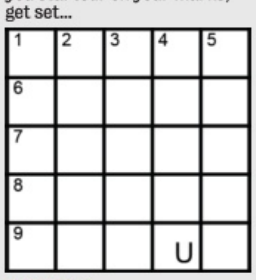
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

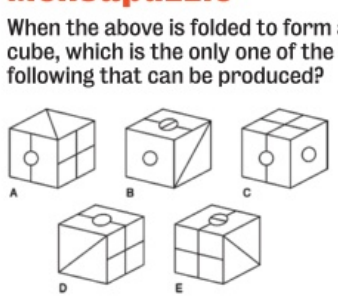
1 Tamps; 6 Iliac;
7 Tra-la; 8 Ore he;
9 Up Rod

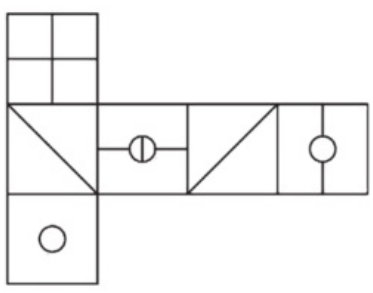
DOWN

1 Scrap; 2 Litre;
3 Loath; 4 Ma IOU;
5 Padre

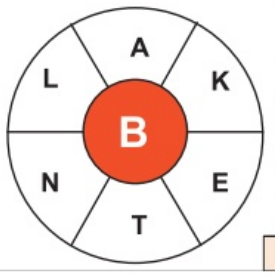
Mensapuzzle

When the above is folded to form a cube, which is the only one of the following that can be produced?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

15 Average; 17 Good; 19 Outstanding

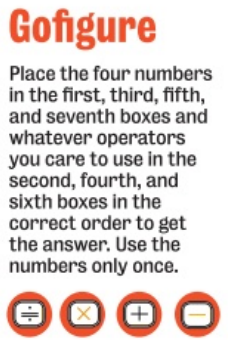
SudokuChallenge

	1			7			9	
		7	9		1	6		
		3				2		
	8	1	5		9	3	7	
9								4
	3	4	6		2	8	5	
		8				5		
		6	3		7	9		
	2			8			6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 3
2 3 5 7

Medium = 24
4 4 7 9

Hard = 34
2 8 9 4

Hocusfocus

Find at least six differences in details between panels.

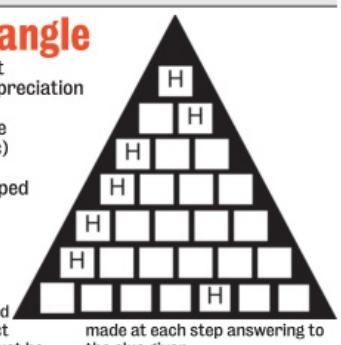
Differences: 1. Window is wider. 2. Dog is moved. 3. Bush is moved. 4. Roof is longer. 5. Sneaker is different. 6. Drainpipe is missing.

Riddler

Gaynor started the journey with the same distance to travel as Phil. After a while, Gaynor had travelled two-fifths of the way, while Phil had completed only a quarter. If the difference between the distances remaining was 90 metres, how much further does Gaynor have left to walk?

Alpha triangle

1 Planck's constant
2 Expression of appreciation
3 Held
4 Class number one
5 Dragged (archaic)
6 Convalesced
7 Percolated; stripped

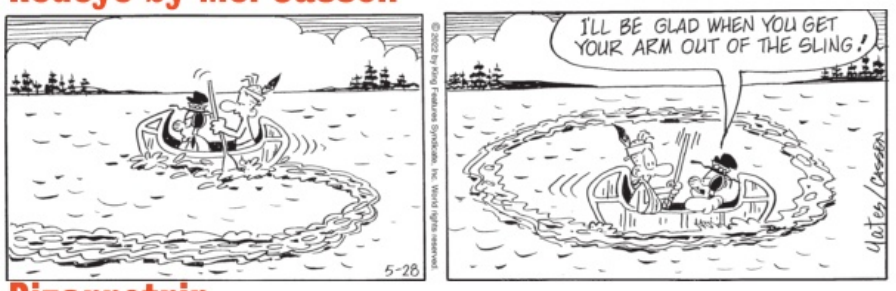


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

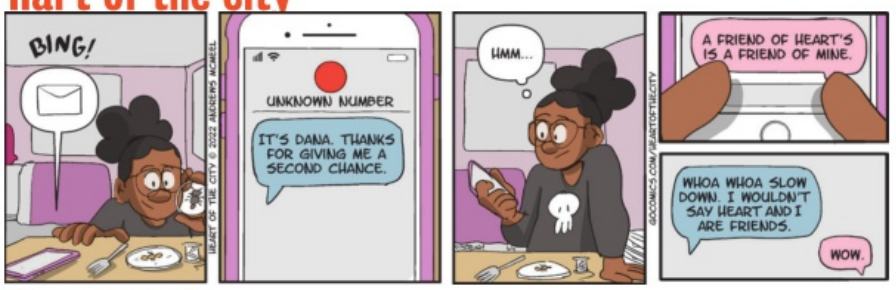
Redeye by Mel Casson



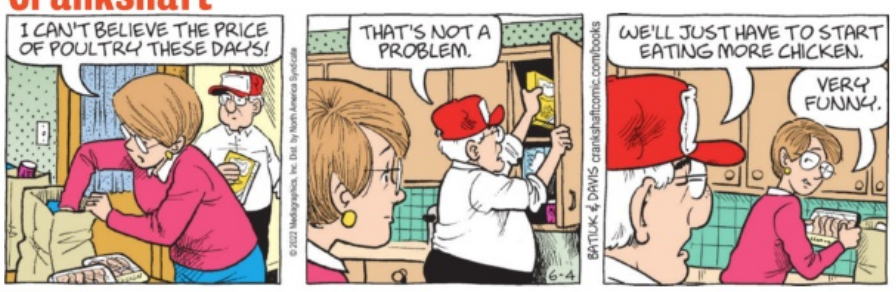
Bizarrotrip

Diamond Lil

Hart of the city


BING!
UNKNOWN NUMBER
IT'S DANA. THANKS FOR GIVING ME A SECOND CHANCE.
HMM...
A FRIEND OF HEART'S IS A FRIEND OF MINE.
WHOA WHOA SLOW DOWN. I WOULDN'T SAY HEART AND I ARE FRIENDS.
WOW.
HEART OF THE CITY © 2022 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft


I CAN'T BELIEVE THE PRICE OF POULTRY THESE DAYS!
THAT'S NOT A PROBLEM.
WE'LL JUST HAVE TO START EATING MORE CHICKEN.
VERY FUNNY.
BATTLUK & DAVIS crankshaftcomic.com/books
6-4

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today situations are under control. You may be able to come out from the past days' messy situation. You may work with patience, which may reflect into your way of working. You may plan for an outing. Students may have good focus towards their goals. Singles may find their love with the help of friends or relatives.

Taurus Apr 21 – May 20
Today you may feel unhappy and impatient. You may be a victim of mood swings, which may reflect into your domestic life. You are advised to avoid arrogance at work, otherwise you may create hidden enemies around you. You are advised to avoid rash driving.

Gemini May 21 – Jun 21
Today you may be happy and spread joy all around you. You may feel harmony in your personal life. You will enjoy some romantic moments with your spouse. Your family may support you to make some important decisions. You may also make some important decisions on the professional front. Expect some new ventures or partnerships in business.

Cancer Jun 22 – July 23
Today the moon may make you happy. You may use your patience at work. Your performance may be good in your job, and you may get some incentives in terms of rewards. Health-related issues of family members will be resolved now. Job aspirants are likely to get good work. Lovebirds may enjoy quality time.

Leo Jul 24 – Aug 23
Today you may help needy people. It may improve your reputation in society. You might implement new innovations into your work. This may boost your business. Positive results can make you happy. Lovebirds can plan outings or adventure tours.

Virgo Aug 24 – Sep 23
Today you may be dissatisfied. You have some sort of detachment from your responsibilities, which confuses you. You can plan hypothetically for your projects. You are advised to be practical in your work to complete it on time. You will also take care of your parents. It is advised to postpone migrating somewhere for some day. Wait before you act.

Libra Sep 24 – Oct 22
Today you may be enthusiastic and focused, which could speed up your postponed projects. your siblings can help you start a new project, which may give you profits in the near future. You can expect some short trips related to your family. Job seekers may hear good news in terms of a new job.

Scorpio Oct 23 – Nov 22
Today you may be able to control your expenditure on worthless things, which may increase your financial health. You may be more creative today. You can use it to decorate your office or home, which may enhance your social status. Lovebirds may get some support from their family members to maintain their relationship status. Students may hear good news in terms of their academics.

Sagittarius Nov 23 – Dec 22
Today you are blessed by the moon, which can give you peace of mind. Externally, you may face some work-related stress, but your inner senses may be calm and cool, which may help you balance everything. You may enjoy every moment at work and in your domestic life. Some new sources of income may open, boosting your savings.

Capricorn Dec 23 – Jan 20
You may feel dull today. You could face some chronic health issues. You are likely to be a victim of sleeplessness, which can make you arrogant. Your arrogance may affect your domestic harmony. Your profits may convert to losses. You are advised to think twice before making any type of financial transaction.

Aquarius Jan 21 – Feb 19
Today you may feel energetic. Your losses may convert to profits, which may increase your business growth and liquidity. With the help of your subordinates, you may be able to make some difficult decisions in business. Your performance at work may be praised by your seniors. You can also expect to get incentives, which may boost savings.

Pisces Feb 20 – Mar 20
Today you may be busy at work. Your wisdom may help you make the right decisions, which may increase your business. You are likely to get a big order which may expand your work. You may utilize your creativity to renovate your home or office, which may improve your social status. You could invest in some creative assets as well.

KIDZONE

Sonisha Srinivasan, 8 Years, Presidency School

Dikshita, 12 Years, Bharath Vidyaniketan School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
Three hundred and sixty meters

QUOTE UNCODE
It's not what you've got, it's what you use that makes a difference.

BULL'S EYE
abet, able, bake, bale, balk, bane, bank, bate, beak, bean, beat, belt, bent, beta, blank, blanket, bleak, bleat, table

FAST FIVE

S	T	A	M	P
C	I	L	I	A
A	L	T	A	R
R	E	H	O	E
P	R	O	U	D

STRIKE OUT

D	I	S	H	Y	S	A	T	C	H	E	L			
E	S	T	A	P	H	A	S	A						
T	E	A	R	S	G	E	T	T	I	N	G			
A	O	E	I	E	T	E								
S	P	O	N	D	E	E	G	E	T	O	N			
L	E	R	N	S	O	E								
S	A	G	E	L	Y	O	M	A	H	A	S			
E	N	E	D	D	Y	E								
S	E	I	N	E	E	A	G	E	R	L	Y			
E	L	V	G	R	B									
N	A	B	I	N	G	E	A	G	L	E				
O	A	L	O	U	N	C	E	N						
J	O	T	D	O	W	N	O	S	T	E	O			

QUICK

G	E	N	T	L	E	R	E	D	C	A	P			
E	I	S	E	I		I								
S	C	U	L	L	I	O	N	S	T	Y	E			
M	S	A	N	I	H									
G	E	M	B	R	H	I	L	L	S	C				
U	R	I		I	A	T								
B	R	O	G	U	E	F	A	I	R	E	R			
R	F	O	M	A	I									
E	S	I	S	T	I	N	E	P	O	D				
T	H	A	W	G	A	V	A	S	K	A	R			
I	R	I	O	U	R									
L	O	T	I	O	N	C	A	M	B	E	R			

MENSA PUZZLE
D

SOLVE IN 1M
$[2^3 \cdot 2]/2 \cdot 5$
$2 \cdot (-1)$
$2 \cdot (3+1)/2 \cdot 5$
$2 \cdot 4/2 \cdot 5$
1/2

SUDOKU

5	2	9	1	8	4	7	6	3
1	4	6	3	5	7	9	8	2
3	7	8	2	9	6	5	4	1
7	3	4	6	1	2	8	5	9
9	6	5	7	3	8	1	2	4
2	8	1	5	4	9	3	7	6
8	9	3	4	6	5	2	1	7
4	5	7	9	2	1	6	3	8
6	1	2	8	7	3	4	9	5

ALPHA TRIANGLE
H, Ah, Had, Head, Haled, Healed, Leached.

GO FIGURE
Easy
$3 + 5 + 2 - 7 = 3$
Medium
$4 + 9 + 7 + 4 = 24$
Hard
$8 + 9 \times 4 / 2 = 24$

LOOP

KAKURO

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 # Ezra Miller is still a part of The Flash

Actor Ezra Miller is still very much part of 'The Flash' movie despite their mounting issues. The actor was reportedly recently back to work on the film set amid their legal controversies

Just banter

Find out how Ananya Panday deals with trolls

Actor Ananya Panday recently opened up about facing flak on social media. A lot of Bollywood celebrities get trolled and Ananya also witnesses a lot of negativity on Instagram, however, the actress said that she takes it all 'with a pinch of salt'. Speaking to a news portal, Ananya stated that she does get upset but then she takes inspiration from her father's humour and likes giving it back and enjoys the banter.

Previously, Chunky Panday had opened up about how social media negativity around Ananya was affecting them all. He had told ETimes "Initially it was very upsetting and disturbing for all of us. But then I said, listen, girl, this is an app. It's not a human being. Why are you having so many emotions? I mean, I know it's a lot of people on it, but in the end, you can delete it anytime, you can go back to it anytime. So treat it that way, you know, but of course, it is disturbing for a parent or a person to read all these kinds of things. But as they say, it is nothing personal, only business (laughs). It's going to be there forever, trolling is not going to stop."

"Like taking inspiration from my father's humour and giving it back

—ETimes

Roshan Mathew is all love

Actor Roshan Mathew is overwhelmed with the response his recent Bollywood release 'Darlings' is receiving. The young actor essayed the role of Zulfi, one of the pivotal characters in the film, alongside Alia Bhatt, Shefali Shah, and Vijay Varma. The

film had a direct-to-digital release and it started streaming from last Friday. Roshan Mathew has now shared a note on his social media handle, speaking about the overwhelming response the film is receiving.

"Thank you for all the love you've shown Darlings. It's been absolutely overwhelming.

Much love and hugs to our entire team, most of who are not in these photos (sorry!). And to the lovely people at the OTT for really putting this film out there. And to all of you. For watching and saying things about the film. Good things, debates, opinions, criticism, and discussions. In the long run they're all going to help," Roshan Mathew said in his note..

—ETimes

What Vijay thinks of Sara's proposal

In Vijay Deverakonda's interview with ETimes the actor spoke about Sara Ali Khan's dating proposal to him. Vijay finally reacted to Sara Ali Khan's desire to date him.

Sara who recently made an appearance on 'Koffee With Karan 7' along with Janhvi Kapoor was asked by KJo, "Give me a name of a boy you feel like you want to date today," to which she replied, "Vijay Deverakonda".

We asked Deverakonda yesterday point-blank. He opened up and candidly revealed that he had texted Sara after watching 'KWK 7'. "Okay, but I am a better actor. I texted her (Sara). It is so sweet of her to have said that," When asked what his reply to her dating proposal was, Vijay said, "I can't even say the word 'relationship' well. How can I be in one?"

Vijay Deverakonda is making his Bollywood debut with 'Liger,' which also stars Ananya Panday and Ramya.

—ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Land of dreams

Kannada film Made in Bengaluru that showcases the city as a world of opportunities for all is all set to hit the silver screen. The movie, directed by Pradeep Sastry & Team, not only shows how Bengaluru has been the hotspot for IT companies, but also conveys a message to all those craving to make it big. "Made in Bengaluru has all ingredients to entertain audiences. We want to showcase Bengaluru's contribution in the development of many MNCs. Bengaluru has been a home for many people from different states," said producer Balakrishna BS. Madhusudhan Govind, Puneeth Manja, Vamshidhar, Himanshi Varma, Anant Nag, Prakash Belawadi and Saikumar form the star cast in this movie. "Anant Nag plays a Sindhi investor while Saikumar plays a money lender and Prakash Belawadi plays a school teacher," he said. Vamshidhar plays the quintessential Bengalurean-Mallu.

Story-tellers here

Actor and Rajya Sabha member Jaggesh is well known for his gift of the gab. Recently, he spun a tale about a trick he played on an inefficient manager.

"I had a chance to play a small role in Ranadheera being produced under the banner of Sri Eswari Productions. Ravichandran was in the lead. During the shoot, I come across a manager, who was pretty inefficient. I used to ask him to pay for my conveyance and he would pay. A bit later, I would remind him about my conveyance; and he would pay again without asking any questions. I was paid conveyance at least 10 times a day. Of course, the money I got as conveyance helped me tide over my financial problems," Jaggesh revealed. Ravichandran's latest film Ravi Bopanna is scheduled for release on August 12. At the launch, he too was in a chatty mood. He recalled how he was indebted to two of his friends Venkatesh and Ramesh, who showed up at his house before my daughter's wedding and left a 'gift box', that had money. "I am blessed to have such friends," Ravichandran said.